

Overflowing optimism at AACA Graduation

充滿希望及溫情洋溢的
華美福利會畢業禮

Governor Deval Patrick was swarmed by students, AACA staff, guests and the press. (Photo courtesy of Governor Patrick's Office)/ 麻州州長派翠克在畢業典禮上大受學生們的歡迎。(圖由州長辦公室提供)



Governor Deval Patrick (left) and AACA Executive Director Chau-ming Lee greeted each other (Photo courtesy of Governor Patrick's Office)/ 州長派翠克(左)與華美福利會行政主任李秋明相見歡。(圖由州長辦公室提供)



Senator Sonia Chang-Díaz delivered the keynote speech. (Photo by Michelle Kiang)/ 麻州參議員陳翟蘇妮於畢業典禮中致詞。



(Left to right) AACA graduate Bing Wei, ESL instructor Kristan Camp, Governor Deval Patrick./ (左至右) 畢業生Bing Wei、英文教師Kristan Camp、州長派翠克。

By Samuel Tsoi

On June 19, the Asian American Civic Association (AACA), publisher of the Sampan, celebrated two hundred adult students in its annual graduation ceremonies for the education and workforce training programs. The event included remarks by Senator Sonia Chang-Díaz, two graduates, AACA partners, and Governor Deval Patrick.

Filling the auditorium were cheerful and hopeful students from various backgrounds and life stages. The event reflected the increasingly diverse population AACA serves, as well as the agency's strategic role in Chinese immigrants' paths toward economic success, independence and assimilation.

Chau-ming Lee, executive director of AACA, opened by stating: "It is not easy to spend time studying while there are so many demands on family life and work. But with due diligence, [the students] completed the first phase of a lifelong journey of learning

and advancement."

For the second consecutive year, the occasion was hosted at the Tufts Medical Center (TMC), which also enrolled thirty-four of its employees in AACA programs this year. In fact, one of the notable strengths of AACA's programs is the partnerships with corporations and institutions such as TMC. "[The partnerships] are so important to the future and vitality of our institution and the community," Ellen Zane, President & CEO of TMC said.

Deputy Director Sunny Schwartz also thanked employer partners such as Maloney Properties, Citizens Bank, State Street Corporation, and the Double Tree Hotel for their significant contribution. Employers help develop curriculum, provide interview practice, internships, and also hire students from AACA programs. They also offer workplace support and career advancement opportunities - all of which are critical in achieving AACA's mission in educating, empowering and employing immigrants.

In helping immigrants on their pathway towards rewarding employment, many workforce development centers such as the One-Stop Career Center also play an important role in funding ESL and skills training programs at AACA.

A keynote speech was given by State Senator Sonia Chang-Díaz, who represents the Second Suffolk district, which includes Boston neighborhoods such as Chinatown, Roxbury, and Dorchester - where many immigrants live, study and work. "What happens here today is what inspires those of us in public service to do our jobs," Senator Chang-Díaz began.

The Senator admired the students for their approach to life by taking on challenges regardless of the odds, and sincere efforts in the midst of uncertainty. "[In spite of obstacles] you push and stretch yourselves. Even though you may not come across the perfect job... you try anyway, and that is how you ultimately achieve success," Chang-Díaz commended.

CONTINUED PAGE 2

【本報謝婉君波士頓報導】有四十一一年歷史，為區內提供多元化社區服務及創辦刊物的波士頓華美福利會(AACA)於六月十九日，在塔夫茨醫療中心禮堂舉行各班畢業典禮，200多名成人畢業生於其教育及職業技能訓練計劃中畢業及領取證書。是日兩位畢業生代表致謝詞後，麻州州長派翠克(Deval Patrick)和參議員陳翟蘇妮(Sonia Chang-Díaz)更應邀出席，發表致訓演講，鼓勵畢業生，在場的家賓及畢業生因州長和參議員到訪，喜出望外，洋溢一片興奮氣氛。

自不同背景，文化的畢業生聚首一堂在塔夫茨醫療中心禮堂。場面熱鬧非常。他們歡樂的期待滿佈在禮堂角落。典禮反影了華美福利會務服日漸增多、配合了多元化人口務服的需要。同時亦反影中心為移民人士提供職業技能訓練，給與他們建立獨立，融入美國社會，開創美國生活的道路成功的等一步。

華美福利會行政主任李秋明(Chau-ming Lee)開幕致詞說：「在忙碌家庭和工作外，要抽出時間學習，是很不容易的。」但憑着堅忍不拔的精神，移民學生成功也完成訓練課程，

走出了改變人生及邁進成功的第一步！

這是典禮連續第二年在塔夫茨醫學中心(TMC)舉行，其中包括34名塔夫茨醫學中心僱員，參與華美福利會的學習及職業訓練計劃，其中有工作場所英語班，高中英語班(GED)。其他華美福利會計劃包括英語第二語言班(ESL)、汽車維修職訓班(PACE)、辦公室技能培訓班、成人基本教育班(ABE)、大樓維修班(BEEMS)以及夜間英語課(ENB)班等。

事實上，華美福利會其中獨特的優勢是他們與其他社區機構的合作夥伴關係，而塔夫茨醫學中心便是一例子。塔夫茨醫學中心行政主任甄艾倫(Ellen Zane)表示機構的夥伴合作對社區及機構將來蓬勃穩定的發展有着舉足輕重的重要性。

該會副行政主任史華姿(Sunny Schwartz)在畢業禮致謝場中合作夥伴公司，如Maloney Properties、公民銀行(Citizens Bank)、美國道富公司(State Street Corp.)及雙樹酒店(Double Tree Hotel)等作出的貢獻，制定課程，提供實習場

(反面中文第一版續)

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Comic

ah-Lin!

by Lillian Chan



6-30-09

a whole lot of Korean pop
— especially girl groups
like 2NE1 and 4Minute.



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I have no idea what they're
singing or rapping about,
but it's catchy — if you're
into wannabe thug Asian
girls trying to be tough.



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Announcements

CORRECTIONS

In the article published June 19th, "Time-traveling in Chinatown," Ping On Alley is located between Edinboro and Oxford streets, instead of between Oxford St. & Harrison Ave - which is the location of Oxford Place, the narrow alleyway described and pictured.

CHINATOWN

Chinatown Main Street Festival

The 2009 Chinatown Main Street Festival, presented by Chinatown Main Street and Boston Mayor's Office, is on Saturday July 12 from 11AM to 5PM. Open to the public, this cultural celebration offers food, cultural vendors and stage performances. For details, please visit <http://www.chinatownmainstreet.org/>

JOBS

The W Hotel seeks talents

The W Hotel Hotel and Residences, which is scheduled to open this September on Stuart Street, is currently seeking talents to fill numerous positions. Available positions include welcome desk, culinary talent and finance. Please visit the W Talent Center at 660 Washington Street, Boston, MA 02111 for more information.

FESTIVITIES

Chowderfest

This year's Chowderfest is Sunday July 5th, 2009 from 11am to 6pm, at Boston City Hall Plaza. The event attracts restaurants from all around metro-Boston to compete for the title of "Boston's Best Chowder." More than 2000 gallons of New England's signature dish will be ladled out to a crowd of over 11,000 enthusiastic chowder-samplers in this fun-filled Boston tradition. Admission: \$10 adults/\$7 children under 12.

LEGAL HELP

Quincy Legal help

Do you have a legal question or are you confused about a legal issue? The Bar Association of Norfolk County is sponsoring Free Legal Clinics on July 7 at Quincy District Court between 6-8 PM as a public service to the community. A panel of attorneys experienced in all areas of the law will be available for a one on one con-

sultation with you to discuss your legal questions. All consultations are strictly confidential.

Quincy District Court: One Dennis F. Ryan Parkway, Quincy, MA 02169

TOURS

Historic Chinatown walking tours

Chinese Historic Society of New England (CHSNE) offers "Historic Chinatown Walking Tours Show Early Immigrant Life" second Saturday of each month from May to October, 2009: May 9, June 13, July 11, August 8, September 12 and October 10. Tour is approximately 90 minutes long from 10:00 a.m. to 11:30 am. Cost: \$15 per person. Reservation required by calling CHSNE, 617-338-4339, fax to 617-338-9339, email to info@chsne.org or send in your registration to Chinese Historical Society of New England at 2 Boylston St., G-3, Boston, MA 02116. For more information, please visit www.chsne.org.

VOLUNTEERS

Bilingual volunteers wanted in Quincy

Quincy Asian American Advisory Committee of the City of Quincy is looking for volunteers to help local residents access resources provided by the City. Volunteers are to commit one hour a month toward the program. Requirements:
- Some social work or community service experience.
- Chinese/ English bilingual and biliterate preferred.
- Quincy resident preferred but not necessary.

FREE Community Service - 3rd Saturday of every month (from May to Oct.) 11:00am to NOON (No Appointment Necessary) Services include: inquiries about city government services, community activities, rules and regulations of City services, reading of letters.

Place: North Quincy Community Center, 381 Hancock Street, N. Quincy.

For more information, please call 617-376-1298 or write an email to kfyau@aol.com.

FROM PAGE 1 GRADUATION

Chang-Díaz's family history is rich with stories of triumph over adversity. Her great grandfather emigrated from China to Costa Rica, and her father eventually arrived in the US with only 50 dollars. He failed his first two terms in high school. However, through persistence and hope, he graduated, went on to MIT and became the nation's first Latino astronaut.

"Imagine what great successes are ahead of you," Chang-Díaz encouraged, urging the students to persevere and never give up, while acknowledging the realities of disappointments and roadblocks along the way, especially during this economic downturn.

"Drawing from strengths and the approach to life from different cultures across the world is what makes America great," Chang-Díaz proudly pointed out.

One of those immigrants, Connie Chen, spoke about her education at AACA. Coming to the US less than two years ago, Chen completed ESL level 5 through Adult Basic Education level 4. In a touching

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SAMPAN

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Chinatown News

FROM PAGE 2 GRADUATION

tribute, she thanked the dedicated teachers and staff who not only taught her communications skills but also encouraged and mentored her through the rough beginnings.

"When I first came to this country, I felt my life was turned upside down," Chen said, narrating her journey from a managerial role in Taishan, China to not knowing how to navigate basic tasks such as shopping and commuting. Chen, who will be studying business at a community college this fall, is active in helping other students and AACA operations and events. "I hope AACA continues to help immigrants like me...in order to be independent and give back to the community," Chen said. Indeed, graduating is only the first step for Chen. "I want to continue my education in order to reach my goal of being a successful businesswoman."

Calvin Tchulieu, a French immigrant by way of Cameroon, spoke about his achievements at the Partnership for Automotive Career Education program (PACE). Having the dream of a career as a mechanic but the lack of resources for tuition, he was grateful for AACA's training. "I picked up a flyer one day in Dudley Square, and found my way to PACE," Tchulieu remembered. Within a year, Tchulieu gained employment as an auto technician and continues to work. "I'll keep pushing to be the best technician ever," Tchulieu declared.

There are a myriad of these success stories of individuals who have left behind careers, networks, and familiar environments to come to this country for the sake of better opportunities for their children and families. The Bay State has historically been one of earliest points of arrivals from many immigrants, and has been a major force in the state's dynamic economy and civic life.

During the presentation of certificates, Governor Deval Patrick arrived to offer his



Student speaker Connie Chen shared her success story. (Photo by Michelle Kiang)

congratulatory remarks. Governor Patrick applauded the student's achievements and outlook. "Your optimism is exactly what we need for the Commonwealth to move forward," Patrick said.

Governor Patrick also testified to his own story of growing up with tremendous obstacles on the South Side of Chicago, and the immense possibilities he realized through optimism, determination, and education. "My grandmother taught us to say we're broke, not poor. Because 'broke,' she said, is temporary."

Governor Patrick continued on to emphasize the optimism which has always led him to appreciate and count on the contribution of immigrants to the Commonwealth. He also believes that because of the hope and hard work, AACA graduates would be able to take advantage of the upswing when the economy eventually turns around.

Recognizing the importance of workforce training and adult basic education to the State's character and growth, the Governor made a point by staying to shake every graduate's hand, which wrapped up the ceremonies with excitement and optimism.

Samuel Tsoi is a Sampan correspondent.

AACA's annual gala celebrates diversity and commu-



Paul K. Chan (right) received this year's Community Service Award. (Photo by Jill Uchiyama)

The Asian American Civic Association (AACA) held its annual gala on Saturday, June 27 at Jin Asian Cuisine Restaurant in Saugus. The gala, which attracted over 500 guests, featured a sumptuous, traditional Chinese banquet at the palatial Jin Restaurant. The highlights of the evening were the multicultural performances: Wah Lum Kung-Fu Athletic Association and Tai Chi Academy, Tamahine 'Ota'iri - a women's Polynesian troupe, Dance Revelasian - a Cambridge-based Chinese dance group, Snake Dance Theater, and the Korean School of New England Dance Troop and Jazz Ensemble.

AACA presented this year's Community Service Award to Congressman Michael E. Capuano and Paul K. Chan, director of development for the Massachusetts Housing Investment Corporation. One of the founders of the

South Cove Manor Nursing Foundation, Chan paved the way for the creation of the South Cove Manor Nursing Home. Chan was also one of the original board members of the Kwong Kow Chinese School. Additionally, Chan was one of the main forces that made 87 Tyler Street, the new headquarters for both the Kwong Kow Chinese School and the AACA, a possibility for both organizations.

Capuano is serving his sixth term as a Representative in Congress for Massachusetts' Eighth District, which includes Cambridge, Chelsea and Somerville. Locally, as Massachusetts' only Member of the Committee on Transportation and Infrastructure, Capuano fought to protect Massachusetts' share of federal transportation dollars. Through his efforts, Massachusetts is now receiving more than \$5

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FROM PAGE 3 GALA



Dragon Dance heated up the celebration.



Making Chinese dough sculpture was popular among children. (Photo by Jill Uchiyama)

billion over six years.

The evening program also included silent and live auctions, testimonies from AACA's students and clients, and music and dancing to celebrate AACA's multicultural diversity.

The Asian American Civic Association, formerly the Chinese American Civic Association, has been serving the immigrant community since 1967. Over the past 42 years, AACA has evolved into a comprehensive non-profit agency which addresses the educational, workforce development and social service needs of immigrants of all ethnicities and economically disadvantaged residents of greater Boston.

Boston News

The W Boston Hotel seeks 250 employees for fall opening



Kelly Stevenson-Idham stands next to Bill Moy (middle) and Frank Chin (right) by the W's Talent Display. (Photo by Natalie Ornell)

By Natalie Ornell

The upscale W Hotel, which will open on October 22nd on 100 Stuart Street, may positively impact Chinatown.

Community Development and Relations Consultant William Moy and MBTA Board Member Frank Chin are getting the word out about The W Hotel in order to recruit Chinatown residents.

"It's a very nice hotel. I hope the hotel will improve the Theater District and help to block some of the noise pollution caused by the surrounding night life that impacts the elderly housing next to the Roxy Night Club," said Chin.

The Talent Center on 660

Washington Street showcases the W Hotel's trendy style and welcomes interested applicants until late August.

According to General Manager of W Hotels Bill Bunce, the hotel is seeking around 250 new employees and hopes to receive "thousands of applications."

Interested applicants can visit the Talent Center during the week to fill out a computer application and complete an audition. There is also a translator available for Cantonese and Mandarin speakers; however, it is preferred that applicants have some simple conversational English skills.

"We want to know what the applicant is like. We'll train them. We hire for attitude, not



Prospective employees filling out applications at the Talent Center. (Photo by Natalie Ornell)

just for skill," said Bunce.

He added, "I think the W Hotel is going to change the whole neighborhood and Chinatown. It's an energetic brand that brings a culture of fun—it's popular with celebrities and we do movie and TV show premiers and record show releases."

Sally Cheung, a Chinatown resident for 17 years who has three children and her friend Zhi Ying Su, a 3 year Chinatown resident, stopped by the Talent Center this past Friday to learn more about the hotel. Cheung said, "I'm looking for a job to support my family. The hotel is a really good location for me."

Director of Talent Resources Kelly Stevenson-Idham said, "We want people to come in and experience what it is to be W. This is our first W in Boston."

Natalie Ornell is a Sampan correspondent.

Youth

CHAD

By Amy Zhao

Summer's finally here and what are kids going to do? Kids want to have fun! What about the parents of these kids? Parents also want kids to have fun but parents will always want their children to be safe and do something educational, right? Where can children have fun, do something educational and be safe? Chinatown Adventure (CHAD) is the perfect solution.

CHAD, a non-profit organization founded in 1986, is run under the auspices of Harvard's Phillips Brooks House Association. CHAD is a six-week summer program serving 80 youth ranging from 1st to 7th grade from Boston's Chinatown at a very low cost - only \$100 for 6 weeks. CHAD seeks to enrich and improve the quality of life for the underprivileged youth in the Chinatown community. This year CHAD is located at the Chinese Consolidated Benevolent Association.

CHAD's staff consists entirely of college and high school students. Senior Counselors (SCs) and Junior Counselors (JCs) work in pairs to create a summer of fun and learning. JCs are high school students from the community and, often, former CHAD campers. Each pair works with a group of ten or more campers. The curriculum includes a half-hour of mathematics and a half-hour of

CONTINUED PAGE 5

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FROM PAGE 4 YOUTH

literacy every day. Each week is filled with field trips to places like Boston Common, Museum of Science, Children's Museum and even camping and Six Flags at the end of the summer.

CHAD is a wonderful and life changing summer camp. As a former camper and a current JC, I can say that being a part of CHAD has really shaped me into a leader. Sam Chen, a three time junior counselor, says "Chinatown Adventure is a non-profit summer camp that gives teenagers a chance to have a life changing summer while making a positive impact on the kids that live in the Chinatown community." CHAD has always created many amazing memories for the campers, not only providing fun each and every day, but enriching and adding educational aspects to the campers' lives. CHAD is a great summer camp for all of its current and future campers.

To learn more about CHAD please contact Annie Wu anniewu@bu.edu.

Movie Review on Up

By Tiffany Lam

Pixar's new animated film, *Up* is a bittersweet tale of a grumpy old widower who decides to go to Paradise Falls in South America so he can complete his wife's dream. He "unfortunately" gets stuck with a boy, Russell, who is trying to get his last merit badge for assisting the elderly. They travel in the widower's house which is lifted up by a bunch of balloons. They finally reach their destination only to find that it isn't as easy as they thought it would be. There they meet a villain who was once a hero to the widower and his wife, who is now trying to capture a large colorful bird that Russell befriended.

The adventure begins for all of them. With unusually large birds and talking dogs, *Up* is a great movie for all ages. It's a comedy mixed with sweet moments in between. You'll find yourself laughing. I highly recommend everyone to see *Up* this summer.



Health

Q&A:

Asthma

By Ojas Vyas

Asthma is a chronic lung disease that is common in the United States, particularly in urban areas. It is the most common long-term disease of children. Although a chronic condition, it manifests itself in acute episodes of breathing problems, or "attacks." The airways to the lungs become inflamed and constricted, limiting airflow. This is experienced as wheezing, or in severe cases, an almost complete inability to breathe. These episodes are triggered by certain irritants to which a patient with asthma is sensitive to. They cause the patient's body to overreact and constrict the airways and increase mucus secretion, hampering breathing.

Since the severity of the symptoms of asthma range widely, asthma does not always present in the same way. There a few key signs to watch for before consulting your doctor. The most common sign is shortness of breath and wheezing. Many people suffering from asthma cough during or after exercising. Sometimes the disease manifests itself as tightness in the chest. Any combination of these symptoms could be caused by asthma and it is important to consult a physician to determine a definite diagnosis.

Fortunately, asthma can be treated and managed using medication and lifestyle alterations. The most important task for a patient is to avoid the triggers that set off his or her asthma attacks. This will reduce the frequency of attacks and the amount of medication needed. Medication is usually divided into long-term and quick-relief solutions. Long-term solutions work to keep airways dilated (open) and inflammation down. Quick-relief medication is usually reserved for an acute asthma attack and provides immediate relief. The most common form of administering this medication is through an albuterol inhaler.

Are there common triggers for asthma attacks?

Yes the most common triggers are tobacco smoke, dust mites, cockroaches, pollution, pets and mold. Triggers vary from person to person and could be anything from food additives to cold weather. If you or someone in your home has asthma you need to stop smoking immediately as this is a strong irritant.

How will a physician definitively diagnose asthma?

The complex nature of the disease makes it difficult to diagnose easily. Your physician will first have to rule out

other possibilities. He or she may conduct a lung function test such as spirometry which measures the amount of air you are capable of exhaling. These types of tests give your doctor insight into how your lungs are functioning and allow them to monitor your response to treatment.

Are there any medications which can exacerbate asthma symptoms?

NSAIDs such as aspirin and ibuprofen seem to trigger asthma attacks in some patients. Thus, these medications should be looked into as possible triggers.

Is there a genetic component to asthma?

Yes. While you cannot directly inherit asthma, you can be born predisposed to developing it. A combination of environmental and genetic factors results in the development of the disease. Being raised in an environment with fewer irritants such as air pollution and tobacco smoke will decrease your likelihood of developing the disease.

What extra precautions should someone with asthma take?

Influenza and other respiratory tract infections are more dangerous in people suffering from asthma. To prevent serious complications, adults with asthma should always receive flu vaccinations. However, only one third of asthmatic adults currently get vaccinated for the flu in the United States.

Where can I find more information about living with or caring for a child with asthma in the Boston area?

The links and phone numbers below provide access to various organizations specializing in assisting patients with respiratory disease and asthma.

Boston Asthma Initiative

<http://www.esacbos-ton.org/bai/index.html>
617-972-0863

Boston Urban Asthma Coalition
<http://www.buac.org>
(617) 451-0049

American Lung Association of New England
<http://www.lungne.org>
413-737-3506

Centers for Disease Control and Prevention
<http://www.cdc.gov/asthma/links.htm>
800-CDC-INFO • 888-232-6348

Article funded through the Asian Health Initiative of Tufts Medical Center

Feature

Laughing for the sake of community development

By Samuel Tsoi

In a packed room on Saturday, June 27, the Comedy Studio in Cambridge's Hong Kong Restaurant hosted the annual Asian Comedy Night to benefit the Asian Community Development Corporation (ACDC).

The evening featured five local comedians from a variety of Asian American roots. The show was hosted by Joe Wong, a veteran at the Comedy Studio, who recently had his national television debut on the David Letterman Show.

The event in Cambridge has been a mainstay for the fifth consecutive year, promoting community development while showcasing many up-and-coming talents in a region with a dynamic stand-up comedy scene, innovative community developers and a diverse immigrant population.

"I grew up poor," said Wong, who does not worry at all about the economy. "If I become poor again, I will just feel young."

Certainly, one of the best ways to cope with a down economy or a world full of bad news is through humor. In this case, laughter provides escape and fun in the midst of anxiety and directly helps low-income families reach financial literacy and stability.

This year's proceeds go directly to ACDC's Comprehensive Home Ownership Program (CHOP), which assists recent immigrants with bilingual workshops, counseling and information toward homeownership, serving 450 clients since its inception.

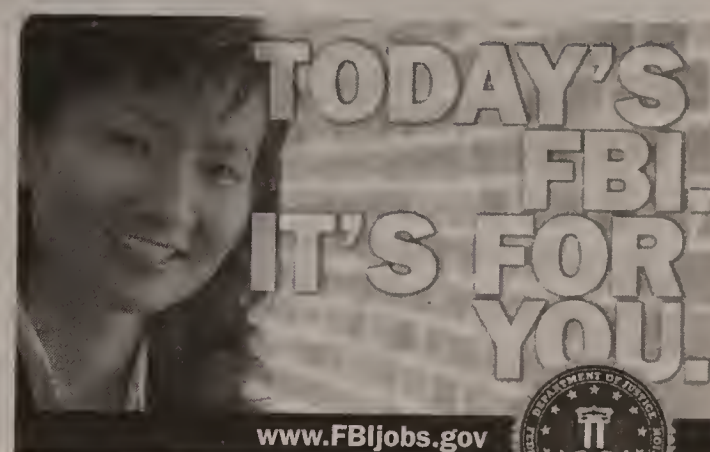
Michael Tow, Board Chair of ACDC, wrote about the purpose of using comedy in connecting the community: "...to poke fun at those stereotypes which separate us, and celebrate the work that ACDC does to bridge those gaps."

Michael Tow, Board Chair of ACDC, wrote about the purpose of using comedy in connecting the community: "...to poke fun at those stereotypes which separate us, and

celebrate the work that ACDC does to bridge those gaps." "The words Asian and funny are like oil and water, they don't mix," Tow introduced, pointing out one of the many tired stereotypes.

Obviously, the event was full of examples that defied those assumptions, although stereotypes often make great comic

CONTINUED PAGE 6



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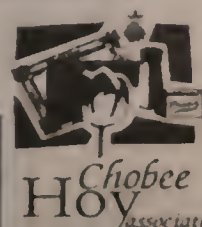
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CONTINUED PAGE 5 LAUGHING



"All-American immigrant" comedian Joe Wong hosted the 5th annual Asian Comedy Night to support the Asian Community Development Corp. (Photo by Samuel Tsoi)



Boston Councilor Sam Yoon (far left) had a good laugh at the Comedy Studio. (Photo by Samuel Tsoi)

make great comic fodder. "I recently attended the Greek Festival by accident," said Wong, a biotech professional with a Mandarin accent, glasses, and unassuming demeanor. "But I didn't see the letter 'R' in Greek, and I was the only one holding a light-saber."

A follow-up comedian, Raj Sivaramen, was a graduate of the Indian Institute of Technology. "In case you do not know what it is, it is just like MIT, but with fewer Indians," he said.

Jokes about cross-cultural misunderstandings and tensions certainly abound in America, especially for those who have experienced prejudice

and ignorance first hand. Ahmed Bharoocha is a Rhode Island native with Irish Catholic and Pakistani Muslim parents, who recently returned from Nebraska. "If you're American, why is your name Ahmed?" Bharoocha was asked. "Same reason why your name isn't Squanto!" he responded.

One of the main reasons why race and ethnicity jokes get easy laughs is precisely why these topics often remain sensitive and controversial. In fact, topics in our culture that are considered off-limits at dinner tables often become comedic capital. Many use politics and sex to anchor their acts, and many non-White comedians also have

arsenals of racial identity jokes.

The evening was also filled with comedy about everyday life, such as dealing with pets, dating, hobbies, and family. "I am so bad in dating...I once brought a date to my date!" said Julie Kitayama, an Arlington native with Japanese, American, and Buddhist influences.

Jason Marcus also draws his style of humor from his experiences growing up in a racially-mixed household, and was voted "Best of the East Coast" at a recent festival. The success these comedians have achieved reflects the vibrant contribution of many different cultures, perspectives and senses of humor which make up America.

"This country is becoming more diverse. We have a president who is half black and half white...and the next mayor [candidate Sam Yoon] who's half not-

black and half not-white," Wong noted, pointing out Boston's first Asian American City Councilor and his campaign for Mayor. Yoon, who worked at ACDC before being an elected official, was in attendance to support the community development programs - efforts which led him to enter and commit to public service.

ACDC and many other civic organizations have indeed been a breeding ground for leaders, talents, and bridges of cultures and socio-economic levels. The event also highlighted the connection between public service and comedy.

A successful comedian, much like a politician, often needs to possess keen self-understanding, awareness of the experiences of everyday people, the audacity to step into the public arenas and readiness to be judged by

others.

All of these qualities are not only typically unexpected of many Asian American immigrants, but are in fact a recipe for success - for individual and community development. Since one of the first hurdles for many immigrants is language, the ability to understand a joke in a second language often reflects a sign of success and assimilation by the individual in a different culture.

In a backstage interview, Wong told the Sampan about his improbable journey from being a young student in China who wrote sketches for traditional Chinese "crosstalk" to becoming a biomedical engineer and successful stand-up comic in Boston. Wong recently appeared in several television shows and is scheduled to perform in Washington D.C. with President Obama as a potential audience member.

As a self-identified "all-American immigrant," Wong's refreshing logic, unpretentious attitude, and distinctive immigrant viewpoint have made him into a Boston gem, speaking to the nation's continuing evolution into a multicultural society.

Through humor, a new generation of immigrants facilitated and empowered by organizations like ACDC can discover and reinvent their voices to add to the richness of America's social fabric.

"It's the best feeling in the world when people laugh together," Wong said.

Samuel Tsoi is a Sampan correspondent.

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Community Meeting
Wednesday, July 22, 2009
6:00 pm – 8:00 pm
Metropolitan Community Room
38 Oak Street, Boston, MA 02111

The Chinatown Master Plan 2010 invites you to attend the kick-off community meeting for *Chinatown Tomorrow: Vision & Goals for 2010*. The Chinatown Master Plan 2010 is a 2-year community initiative to update the Chinatown master plan. The first phase of the initiative *Chinatown Tomorrow: Vision & Goals for 2010* is to create a shared vision and common goals with the community. To learn more about the Chinatown Master Plan 2010, please visit us online at (www.chinatowngateway.org/mp2010.htm).

To contact the Project Coordinator Kye Liang
Please call (617) 635-5129 or
email info@chinatowngateway.org.

華埠的未來

2010 年的展望及目標



社區會議

日期：2009 年 7 月 22 日 (星期三)

時間：晚上 6-8 時

地點：信義大廈會議室

波士頓屋街 38 號

2010 年華埠整體計劃誠邀閣下出席 "華埠的未來" 第一次社區會議：2010 年的展望及目標。2010 年華埠整體計劃是一個為期兩年的社區倡議更新計劃。該計劃的第一階段是 "華埠的未來— 2010 年的展望及目標" 將與社區人士一起創造共同的展望和目標。如想了解更多 2010 年華埠整體計劃的詳情，請瀏覽我們的網站(www.chinatowngateway.org/mp2010.htm)。

如需連繫項目協調員梁志生先生

請致電 617-635-5129

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焦點報導

搞笑黃西 (Joe Wong) 閃耀「亞裔喜劇之夜」



黃西 (Joe Wong) 在第五屆「亞裔喜劇之夜」令全場不停「哈哈」大笑。

【本報記者謝婉君劍橋報導】六月二十七日，一個週六的晚上，在一個擠滿了人，漆黑的房間內，大家「坐定定」期待着第五屆「亞裔喜劇之夜」的開始，等待他的出現！由亞美社區發展協會舉辦的籌款（脫口秀／棟篤笑）晚會於劍橋市哈佛廣場的香港樓 (Hong Kong Restaurant) 的喜劇工作坊 (The Comedy Studio) 舉行，共兩場演出，籌得差不多一萬元善款。

大家等待誰人？他就是「亞裔喜劇之夜」的主持人，本地出名的喜劇脫口秀／棟篤笑人才，黃西 (Joe Wong) 博士！連同其他四位區內含有華裔血統的出色的脫口秀／棟篤笑人才日裔的 Julie Kitayama、來自夏威夷的 Jason Marcus 及巴基斯坦籍的 Ahmed Bharoocha 表演。在台上發揮他們脫口秀的才華，引發在場人士大笑不停。而黃西在四月十七日更被邀上了美國出名的「大衛雷特曼秀／大衛深夜秀 (David Letterman Show)」人氣急升，節目的片段更在成為 youtube 大熱，一度在中國成為最多人觀看的片段。

黃西說：「我兒時成長的時候實在太窮困，但我現在不擔心經濟，因為如果我再次變窮，我只會覺得更年輕。」

然而在全球經濟低迷，不少人在憂慮，擔心之下，通過幽默的笑話，雖然不能使下跌的樓價或估價回升，但笑聲及歡樂足以減輕焦慮或暫時把不開心的時拋下，輕鬆一

下，給予身心一個休息的機會。

而今屆籌款直接的收益將會用作協助亞美社區發展協會的房屋自置計劃 Comprehensive Home Ownership Program (CHOP) 發展，舉辦新移民雙語學習講座班、輔導工作及對房屋的信息。自成立以來，已為 450 客戶提供服務。

亞美社區發展協會的主席 曹育倫 (Michael Tow) 表示希望以幽默去團結和接觸社區、以笑聲拉近不同人士差距。也以幽默的笑聲，自娛一番。以及打破一些陳舊的思想規範和加強緊密社區上的合作。曹育倫介紹說：「美國的亞裔人士總常給人一種非常嚴肅的感覺。覺得他們跟攪笑、幽默似是水溝油，混不在一起。」他說這是錯覺，我們希望透過幽默及以輕鬆的手法去打破這些成見，亞裔人不是「悶蛋」，不是不懂幽默的一族。

黃西以一副謙遜的態度，架着眼鏡，以帶有專業生物技術研究員，及帶有普通話口音的英語說：「我最近 (意外地) 參加了希臘佳節 (Greek Festival)，因為看少了希臘 (Greek) 的 "r" 字母。」（註：英語希臘 (Greek)，沒有 "r" 字母，是 (Geek) 字，通常指沉悶，只懂讀書及帶點「土氣」的人。）

黃西一連串的笑話，引來全場不停「哈哈」大笑。接着黃西，是拉吉 (Raj Sivaramen) 他畢業於印度麻省理工學院 (Indian Institute of

Technology)。他說：「他的母校跟真和麻省理工學院 (MIT) 很相似，可以卻比真的麻省理工學院 (MIT) 少了些印度人。」

在後台訪問搞笑專家黃西時，他向舢舨讀者表示，以前在中國也偶然會客串參與「相聲」演出。無心插柳從一位生物學工程研究博士，晚上搖身一變成爲攪笑高手。這也是美國夢的實現！黃西最近出現在更多的電視節目中，並被總統奧巴馬邀請在不久的將來在華盛頓，總統奧巴馬作為他的觀眾，定會大笑一番呢。

自稱為「完全的美國移民」(all-American immigrant)，王西新穎的邏輯，加上老實（不老土！）的態度，以獨特的角度不但把很多移民「初到貴境」的心聲剖白，而美國人也會欣賞他嶄新的幽默，引發會心微笑。他作為一位波士頓的攪笑的代表，在席上來觀看的「粉絲」更有波士頓市議員尹常賢 (Sam Yoon)，他帶來也的父母一同捧場。王西更表示美國的文化包容幽默，幫助其國家持續發展作為世界上最多元文化的社會。

通過幽默，新一代的移民及年輕人可以尋找、締造及表達他們的聲音和訴求，藉此豐富美國多面體的社會結構，像 ACDC 一直促進和扶持移民融入美國新生活一樣。

「能夠與世界上很多的人分享歡笑，是世上最好感覺。」黃西結語說。

健康資訊

健康需知：

銀髮族用藥提醒

微切口白內障手術須知

眼睛健康甚為重要。現在是適當的時候把眼睛護理好，並且作徹底的視覺檢查。如果你的年齡是五十或以上，你應找眼科醫生接受白內障檢查。白內障是主要降低老人視力的原因。每年有四十萬的老年人染上白內障。依世界衛生組織資料顯示，每六名四十歲或以上的美國人便有一位受白內障影響。

白內障的主要成因是眼內的晶狀體混濁，隨著年齡的增長，晶狀體逐漸加厚，並失去靈活性及透明度，這使部份光線受阻，視力變得模糊。雖然白內障是身體自然老化的現象，但亦可能因為某些疾病的原因，或受某些藥物的影響而導致眼疾的年輕化，或在某種情況下，不同的基因亦可能導致早期的白內障。無論成因如何，白內障的症狀都相同，其中包括：突然需要較強的光線來閱讀，並且在視覺上失去色彩的對比。開始時症狀輕微，及後逐漸加劇。唯一可以清楚知道是否有白內障，就是到眼科診所接受徹底的眼部檢查。可幸是這種視覺問題可以由一位資深的眼科手術醫生為你矯正，無需眼鏡，眼藥水或任何藥物便可治癒。然而，許多人的眼部手術仍是無可避免，所以必須找一位合適的眼科醫生為你診治。患者應依據醫生的建議及經驗作出明智的決定。

你應瞭解眼科手術的多種方法。目前最尖端的手術是微切口的白內障手術，這是利用最新的超音波科技，在門診手術中心進行。醫生使用眼藥水把眼部麻醉後，透過微切手術把染有白內障而變得混濁的晶狀體切除，然後換上永久性的人工晶狀體。人工晶狀體有多種，包括單焦點及多焦點，單焦點晶狀體已被醫學界使用三十多年，它可以糾正患者的遠視，但患者依然要使用閱讀眼鏡。相對下，多焦點的人工晶狀體是優質科技的發明，幫助患者糾正中，近，遠距離的視力，提供日常生活的自由度。它有多種類型符合不同人士的需要。醫生會為你小心選擇適合你生活方式的一款。無論你每天使用電腦或作針線活動或經常夜間駕車均可。

由於科技進步，白內障手術對患者的損害性已降低，康復期亦較快。在微切口白內障手術過程中，病人會感到眼睛有輕微的壓迫感，而手術後亦會在數小時內感到不適。但這項快捷的門診手術比一般傳統白內障手術的創傷力小。因為無須切割、縫針及住院。一般來說，如果你有白內障而身體健康的話，你便合適使用微切口手術。一位受過資深培訓而富有經驗的外科醫生能令你減

低手術的風險。這項手術雖然可以令患者減少使用眼鏡或隱形眼鏡，但每個人視力的改善程度不同，要視乎白內障的嚴重程度，康復情況及使用那一類型的人工晶狀體。

• Nielsen眼科中心
Nielsen眼科中心於1991年在昆士市設立分院，位於Crown Colony, Quincy, Derby Street, Hingham. Dr. Steven A. Nielsen是醫局註冊的眼科手術醫生，為病人提供白內障，眼部折射及激光手術及治理多種眼疾。Dr. Nielsen是最新眼科手術科技的先驅，完成的手術超過二萬宗，是在紐約以北，治理白內障及多焦點移植手術的資深專家。

Nielsen眼科中心是波士頓著名的白內障手術中心。每一個白內障手術是五分鐘一隻眼睛，病人都是清醒地進行手術。由於利用最新科技，手術是無痛，亦無須針線縫合，手術後，病人可在無須帶眼鏡的情況下看到牆上時鐘的時間及車牌號碼，不少病人還可在翌日自己駕車去接受手術後的檢查。Nielsen眼科中心的辦公時間是星期一至五，星期六則是一個月一次。如有任何問題請致電 877-373-2020 或瀏覽 www.golasik.net 網頁

自1890年以來，昆士醫療中心（QMC），便一直向社區提供先進的，高質素的健康護理服務。我們與政府部門，學校，商業及其他機構都有很緊密的合作，以確保社區的需要得到回應。無論是在昆士醫療中心的先進及高質素醫療服務，在職業工作上的培訓及協助，在對低收入及沒有保險的居民給予援助，或是對人口不斷成長的社區亞裔居民提供翻譯服務等，昆士醫療中心都在扮演著一個非常重要的角色。如果想在昆士醫療中心預約一個門診時間，請致電到昆士醫療中心的翻譯部：(617)376-4013或(617)376-2058。想瞭解更多關於昆士醫療中心，請到訪我們的網站：<http://www.quincymc.org>。如有任何查詢，請致電昆士醫療中心的社區發展部專員譚秀婷小姐 (617)376-5493。

昆士醫療中心地址：114 Whitwell Street, Quincy, MA 02169, Quincy Center紅線地鐵站設有免費專線巴士來回昆士醫療中心。

（本文由昆士醫療中心供稿）

老年人往往同時患多種慢性疾病，因而用藥量及種類比青、壯年患者要多。由於存在生理、社會、心理、環境等多種因素，藥物的不良反應隨年齡而增加，藥物的衰用和濫用及危害性，也是顯而易見的。因此，為保障健康，我們有必要掌握一些自身的生理、心理特點和變化規律，了解一些用藥原則及有關藥物的作用機理等。

• 劑量 宜小不宜大

藥物經口服後，由腸道分解和吸收，因老年人吸收功能下降，常發生藥物在體內分布不均，加上老年人由於肝臟供血的減少，吸煙等使藥物的代謝發生變化。老年人的腎排泄能力都有下降，使藥物分解變慢，體內蓄積增加，易產生毒副反應。因此，老年人用藥劑量應隨年齡增加而減小。一般來說，60~80歲者，用藥量應為成人量的3/4~4/5；超過80歲者，用藥量為成人量的1/2。

老年人除維生素、微量元素和消化?類等藥物可以用成年人劑量外，其他所有藥物，都應低於成年人劑量。因為老年人的肝腎功能減退、白蛋白降低、脂肪組織增加，若用成年人劑量，可出現較高的血藥濃度，使藥物效應和毒副作用增加。

使用時應採用小劑量原則。另外，老年人衰老、病理損害程度不同、平時用藥多少不一，使得個體差異特別突出，尤其是高齡老人。目前還沒有相關的規律可循，為穩妥起見，老年人隻能採用小劑量原則，這是保障健康、維持治療的重要策略。

值得注意的是，並非始終如一的小劑量，可以是開始時的小劑量，也可以是維持治療的小劑量，這主要與藥物類型有關。對於需要使用首次負荷量的藥物（利多卡因、乙胺碘?酮等），為確保迅速起效，老年人首次可用成年人劑量的下限。小劑量原則主要體現在維持量上。

• 品種 宜少不宜多

老年人同時用藥不能超過5種。據統計，同時使用5種藥物以下的，藥物不良反應發生率為4%，6~10種為10%，11~15種為25%，16~20種為54%。老年人因多病共存，常採用多種藥物治療，這不僅加重了患者經濟負擔，更多地導致藥物不良反應的發生。

當用藥超過5種時，就應考慮是否都是必要用藥，以及依從性和藥品不良反應等問題。凡療效不確切、耐受性差、未按醫囑服用的藥物，可考慮停止使用；如病情危重，需要使用多種藥物時，在病情穩定後，仍應遵守使用5種及以下藥物原則。

另外要重視非藥物療法，這仍是有效的基礎治療手段。如早期糖尿病，可採用飲食療法；輕型高血壓，

可通過限鈉、運動、減肥等治療；老年人便秘可多吃粗纖維食物。

• 溫馨提示

要警惕用藥後的不良反應。一般老年人最易出現異常症狀的藥物有鎮痛藥、強心藥、抗關節炎藥、利尿藥、抗高血壓藥、抗生素藥等，一旦出現不良反應，必要時應立即停藥，嚴重的應及時醫治。

老年人用藥品種越多，發生藥物不良反應的機會也越多，如阿斯匹林與激素類藥品同用可誘發潰瘍病大出血。老年人記憶力下降，服藥品種多易造成多服、漏服、誤服或忘服，所以，用藥品種最好不超過3~4種。

• 療程 宜短不宜長

老年人腎功能減退，腎臟血流量減少，對藥物和代謝產物的濾過率減少，故老年人對於藥物的排泄發生障礙，尤其是腎功能減退的老人，在使用由腎排泄的藥物時，一定要注意減量服用、慎用、甚至禁用。

因為用藥療程越長，越容易發生藥物蓄積中毒，有時還可能產生成癮性和耐藥性。瀉藥和利尿劑可引起嚴重低血鉀症；安眠藥久用可產生依賴性等，所以，老年人用藥療程，應根據病情及醫囑合理縮短。

由於年齡增長，老年人生理方面發生了很多變化，故藥物進入機體後的吸收、分布、代謝、排泄等均相應發生不同變化。

老年人不宜長期使用瀉藥導瀉。多數老年人腹部肌肉無力，腸蠕動減退，易出現功能性便秘，用瀉藥後可能發生結腸痙攣，長期服用瀉藥，可損失鈣和維生素，鈣的缺乏，也是老人產生骨質疏鬆症的重要原因。



（接第二版 - 街道）

走在華埠街道上，廢物滿地，凌亂非常。唐人街某些街道更是垃圾、廢物四散。華埠的垃圾街熱點有乞臣街（Hudson St.）、泰勒街（Tyler St.）、夏利臣街（Harrison Avenue）。早上，當清風吹過，偶然吹起街上廢物，垃圾氣味撲鼻及環顧周遭廢物，真會令人食欲大減。

議會上，成員均表示店鋪東主、物業業主均有責任提供合適垃圾桶，而用戶放置垃圾，必把垃圾桶蓋上。因為垃圾暴露在空中，容易傳染細菌。現今四處防豬流感（Swine Flu-H1N1）的同時，不要亂拋垃圾。保持個人、家居、社區清潔為大前提。一但疫症在社區爆發，後果嚴重。

華埠主街主席余俊明表示華埠主街志力推廣華埠，道路整潔，良好治安對吸引更多遊客到訪唐人街有很大幫助。要振興華埠經濟，街



去年華埠主街聯歡節日盛況。（資料照）

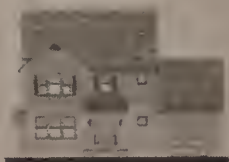
妙勞市公寓出租

您想享受退休生活的舒適嗎？請駕臨福樂、高德以及可克仁公寓參觀。本公寓備有單人及一間睡房之柏文出租。請撥電六六五一六三三四詢問有關申請事宜。本公寓辦公時間為週一至週五上午八時半至下午四時半。歡迎詢問參觀。本公寓系由聯邦房屋都市發展局資助，並遵守平等房屋機會政策。

Congregational Retirement Homes, Inc.



10 single family homes in MAPLEWOOD ESTATES



3 Bdrm: \$203,800 4 Bdrm: \$221,400
You must be Program eligible to qualify for the prices shown here.

Are part of an Affordable Housing Lottery to be held on July 23, 2009 and a Q&A Meeting for interested applicants will be held on Sept. 3, 2009. Both events are at 7:00 pm at Rockland Town Hall.

Maximum Household Income			
3 Ppl	4 Ppl	5 Ppl	6 Ppl
\$59,550	\$66,150	\$71,450	\$76,750

Applications are available at:
Rockland Town Hall
Rockland Public Library
www.MassAffordableHomes.org
www.MassAccessHousingRegistry.org

For more information contact Dawn at:
HousingLotteries@aol.com or
call 508-961-7339



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City of Cambridge

Emergency Telecommunications Dispatcher
(Job Code: C508-SP) Seeking Police-Fire 911 Dispatchers to work shifts including nights, holidays and weekends after extensive training. Ability to multitask in a fast-paced stressful work environment is required. Must touch-type 30 WPM and pass a multi-part Dispatch Performance Test. Knowledge of Cambridge strongly preferred. \$19.04-\$26.96/hr + excellent benefits. **Detailed job description available on www.cambridgema.gov/jobs.** Please email your resume and cover letter by 5pm on 07/07/09 to: employment@cambridgema.gov

Other positions currently available include:

- **Coordinator for Reading/Literacy** (Job Code M770-SP)
- **Information & Referral Specialist, COA** (Job Code M462-SP)
- **Parking Enforcement Coordinator** (Job Code M542-SP)
- **Instructors/ESOL, Reading, Math** (Job Code K035-SP)
- **Pre-School Lead Teacher** (Job Code D447-SP)

For detailed information on these positions and others, please visit our website www.cambridgema.gov and click on 'Jobs.' We are an AA/EEO Employer.

可負擔得起的住房機會

碧博地市 (Peabody)

可負擔得起的單位重新開放購買

等候名單抽獎

碧博地市目前接受合資格的申請人申請參加碧博地市可負擔得起的單位抽獎等候名單。重新開放購買的單位房間有一、二和三臥房。

最大收入限制：

1 人 - \$46,300	3 人 - \$59,550	5 人 - \$71,450
2 人 - \$52,950	4 人 - \$66,150	6 人 - \$76,750


可能還有其他限制

貸款說明會：星期三下午六時至八時
碧博地市大廳，地下室會議室
(Peabody City Hall, Room Lower Level Conference Rm)

或寫信至：
JTE Realty Associates, P. O. Box 955,
No. Andover, MA 01845

或寄電郵至：
peabody@jterealtyassociates.com
請務必寫上寄件地址，電話：978-258-3492

申請截止日：二零零九年七月十三日



South Shore Housing

Is currently accepting applications for the following federally funded, Section 202, elderly/handicapped housing complex.

Marshfield • Prence Grant Apartments • 1 & 2 Bedroom
Carver • Meadowbrook Apartments • 1 Bedroom
Plympton • Woodland Apartments • 1 Bedroom

Applications will be accepted on a continuing basis for all units

Call 781-422-4267





KINGSTON

Kingston Pines Apartments

South Shore Housing maintains an open waiting list for the Kinston Pines Apartments. They are currently accepting applications for USDA Funded Family & Accessible Housing Complex. 1, 2 & 3 Bedrooms

Applications will be accepted on a continuing basis for all units.

Call 781-422-4267



移民資訊

親屬移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	02 年 11 月 15 日	02 年 11 月 15 日	02 年 11 月 15 日	91 年 01 月 01 日	93 年 09 月 01 日
第二優先 2A	04 年 12 月 22 日	04 年 12 月 22 日	04 年 12 月 22 日	02 年 06 月 22 日	04 年 12 月 22 日
第二優先 2B	01 年 04 月 15 日	01 年 04 月 15 日	01 年 04 月 15 日	92 年 05 月 01 日	98 年 04 月 01 日
第三優先	00 年 10 月 22 日	00 年 10 月 22 日	00 年 10 月 22 日	91 年 07 月 01 日	91 年 07 月 01 日
第四優先	98 年 10 月 22 日	98 年 10 月 22 日	98 年 10 月 22 日	95 年 06 月 15 日	86 年 08 月 08 日

職業移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
第二優先	現在有名額	00 年 01 月 01 日	00 年 01 月 01 日	現在有名額	現在有名額
第三優先	沒有名額	沒有名額	沒有名額	沒有名額	沒有名額
非技術勞工	沒有名額	沒有名額	沒有名額	沒有名額	沒有名額
第四優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
宗教工作者	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額
第五優先	現在有名額	現在有名額	現在有名額	現在有名額	現在有名額

移民新聞

不景氣 美國移民企業處境艱難

【本報訊】依據今日美國報(USA Today)報導，移民擁有的企業是美國經濟中的重要部分，但經濟衰退對他們產生很大的威脅，許多移民企業主不得不結束生意、辭退雇員，不過也有人並未放棄美國夢，對經濟將會復甦懷抱信心。

由聖塔克魯茲加州大學經濟學教授費爾萊為中小企業管理署做的研究顯示，約有150萬名移民在美國擁有企業，移民創業的可能性比非移民高30%，移民的企業收入占美國企業收入的11.6%。

許多移民是白手起家，創立企業來養活自己、家庭和社區，他們體現了美國夢：努力工作就可以過好日子。但現在消費者支出減少，銀行不願意貸款，一些移民企業家懷疑美國夢是否還能實現。

墨西哥移民桑切斯在1967年偷渡到德州，為了要在美國尋求更好的

生活，並把家人接到美國和他一起工作。63歲的桑切斯現在是美國公民，他在偷渡後，到芝加哥與一個兄弟團聚，他做肉販的工作，時薪是1.85元，並在一個糖果工廠兼差，每天工作14小時，努力儲蓄，終於把他的妻子、兄弟和父母接到芝加哥。

桑切斯後來開設了三家服裝店、一個餐館和一個墨西哥音樂唱片公司，為自己和家人建立了舒適的生活，但現在衰退帶給他莫大的打擊，他已出售了一家服裝店和餐館，辭退了許多雇員，並考慮出售第二家服裝店。不過他確信美國經濟將復甦，他的七個子女和九個孫子女將會在美國建立成功的生活，他仍然相信美國夢，認為實現美國夢惟一的條件是必須努力工作。

伊利諾州法蘭克福43歲的愛爾蘭移民佛瑞恩經營了四年的餐館，因每天中午和周日晚上的生意清淡，不得不在上個月關閉，辭退了42名雇員。他說他已花光了所有的積蓄

親屬移民排期表

第一優先： 美國公民的成年未婚子女
第二優先： 2A 永久居民的配偶及未成年子女
第二優先： 2B 永久居民成年子女
第三優先： 公民的已婚子女
第四優先： 公民的兄弟姐妹

職業移民排期表

第一優先： 傑出人才、研究人員教授
第二優先： 2A 永久居民的配偶及未成年子女
第二優先： 高等學位專業人才
第三優先： 技術勞工及專業人士
第四優先： 宗教工作者
第五優先： 投資移民

• 美國移民局將恢復“傑出人才”等I-140職業移民申請的加急審理

【華盛頓消息】美國移民局6月22日宣布，將從6月29日起恢復部分I-140職業移民的加急審理，包括Eb1-A傑出人才移民、Eb1-B傑出教授或研究員移民、基於勞工證的Eb2和Eb3職業移民。申請人需提交I-907加急審理申請表，并支付一千美元的加急費。移民局承諾在15天內做出批准、拒絕或補件的決定，否則移民局會退回一千美元的加急費。新的申請人和已經遞件正在等待審理的申請人均可要求加急審理。不過加急審理并不包括I-140中的Eb1-C跨國公司經理移民與NIW國家利益豁免移民。

• 中國申請人Eb2美國移民排期急劇倒退

美國國務院發布2009年7月的移民排期表。出生於中國大陸的“職業移民第二優先Eb2”申請人的排期從2005年2月15日猛然倒退到2000年1月1日。同時，“職業移民第三優先Eb3”依然全球“無名額”。而“職業移民第一優先Eb1”(含“傑出人才移民”)依然全球“有名額”，無疑是中國的成功人士獲得全家美國綠卡的最佳捷徑。

學習美國移民法：有條件永久居留

諦姆（譯音）和李梅（譯音）2008年一月一日美麗的新年除夕在中國北京喜結連理。他們談戀愛三年終於結婚，很是激動。結婚之後他們搬到麻州波士頓，諦姆為李梅申請永久居留，也就是所謂綠卡。2009年三月十五日李梅的綠卡申請被批准。但李梅有些疑惑，因為她的綠卡被稱為有條件永久居留。

如果你是通過結婚移民來美還不到兩年時間，那麼你的綠卡就是有條件的。換句話說，你是有條件的永久居民。這個條件將持續到你拿到綠卡後的兩年為止。兩年之後，你要向政府申請變換移民身份，從有條件永久居民變成合法永久居民。

但是如果李梅和諦姆結婚不到兩年就離婚了，而李梅仍在美國持有條件居留身份，她會失掉綠卡嗎？

通常美國移民局要求持有條件居留身份的一方必須和其配偶一起申請取消有條件居留。但是若兩人先離婚後申請取消就有例外。

如果你有條件居留，離婚了，你可以填寫I-745申請不用你的前配偶幫助來取消有條件居住限制，條件是你能證明當初你結婚是誠心誠意的，現在婚姻關係已經合法終止。所以如果你能證明你和你的前配偶的婚姻關係是真的，你們已經從法律上離婚，那麼你可以單獨提交I-751申請。同樣離婚夫婦的子女也可以單獨提交I-751申請，如果他們能證明他們的父母當初結婚是真心真意的，而且他們從法律上已經離婚。

要證明你當時結婚是真心真意，你必須提交盡可能多的I-751附表來證明你曾經有一個真實婚姻。材料包括夫妻共有的銀行帳戶借貸表，租賃契約或顯示你和前配偶都具名的抵押，和子女出生證明，這些統統都有利於證明你的婚姻曾經有效過。

Keith A. Pabian, Esq. 是 Pabian & Russell, LLC的移民律師，精通中文普通話。聯繫電話：617-951-3721。電郵：kapbian@pabianrussell.com，預約或需要移民幫助或建議請聯繫。

健康專欄

氣喘常識

Ojas Vyas 文
田恬譯

氣喘是一種在美國很常見的慢性呼吸道疾病，特別是在人口密集之市區。氣喘是最常見的兒童長期疾病。雖然它是一種慢性疾病，但它會促成急性的呼吸困難，或稱氣喘發作。通往肺部的氣管會腫大並收縮，造成空氣流動的困難。病患會喘氣，更嚴重的情形則包括將近完全無法呼吸。這些病情是因病患對過敏原的刺激而產生。過敏原會造成病患的身體過度反應、收縮氣管、增加黏液分泌而影響病患呼吸。

因為病情的嚴重程度不一，氣喘並不一定會顯示同樣的病癥。在跟您的醫師徵詢之前，您可以觀察一些主要的病癥。最普遍的病癥是呼吸短促以及喘氣。許多病患會在運動當下或之後氣喘咳嗽。有時病患會感受胸口收縮。如果您有以上病症的任何組合，都可能是氣喘造成。與您的醫師徵詢來作一個確定的診斷是很重要的。

幸運的是，氣喘可以利用藥物以及生活改變來控制。對病患來說，最重要的一環是避免與過敏原接觸。這會減少氣喘發作的次數以及藥物的使用量。藥物通常是分為長期與迅速紓解病情等兩類。長期藥物能保持氣管擴張並減少腫大。迅速紓解病情的藥物通常是在嚴重氣喘發作時使用來減緩當下的病情。最普遍的用藥方式是吸入器。

造成氣喘的過敏原有普遍的嗎？

有的。最常見的過敏原包括煙、塵蹣、蟑螂、空氣污染、寵物以及霉。過敏原對每個人來說都不一，從食物添加物到陰冷天氣都有可能。如果您或您的家人有氣喘，您必須立即停止吸煙，因為煙是一項強烈的過敏原。

醫師能如何確認診斷氣喘呢？

其複雜的病症讓醫師不容易輕鬆診斷出來。您的醫師需要先排除其他的可能性。他或她可能需要先作一個肺部功能測試，像是肺功能量計，它能測量您能吸入多少空氣。這些測試能夠讓您的醫師對您的肺部情況有更深入的了解，並能讓他們監控您對治療的反應。

是否有藥物會促成氣喘發作呢？

非類固醇類消炎藥（NSAIDs），包括阿斯匹靈以及布洛芬，似乎會在某些病患身上造成氣喘發作。因此，這些藥物應該被視為可能的過敏原。

氣喘可能跟遺傳有關嗎？

有的。您不能直接遺傳氣喘，但是您可能會較容易得到氣喘。環境及遺傳的因素相加之下，才會造成氣喘。如果您是在一個較少過敏原——例如空氣污染以及菸——的環境下長大，您得到氣喘的機率會相對較低。

氣喘病患應該要特別注意什麼呢？

流感及其他呼吸到感染對氣喘病患來說要更加來得危險。為了避免嚴重的併發症，有氣喘的成人應該施打流感疫苗。但是，在美國目前只有三分之一的氣喘病患能得到流感疫苗。

我能從哪裡找到更多關於居住在波士頓地區並照顧氣喘兒的資訊？

以下的連結與電話號碼提供與一些針對協助呼吸道疾病與氣喘的機構之聯絡方式。

波士頓氣喘倡議

<http://www.esacboston.org/bai/index.html>
617-972-0863

波士頓市區氣喘聯合

<http://www.buac.org>
(617) 451-0049

新英格蘭之美國肺部協會

<http://www.lungne.org>
413-737-3506

疾病管制局

<http://www.cdc.gov/asthma/links.htm>
800-CDC-INFO • 888-232-6348

(文章由塔夫茨醫學中心贊助)



華埠新聞

W 酒店招聘計畫開跑



(左至右)人力資源經理Kelly Stevenson-Idham、華埠治安會議共同會議主席陳灼鑒、社區僑領陳毓禮。(Natalie Ornell攝)



華裔求職者在現場填寫申請表格。(Natalie Ornell攝)

【本報訊】將於今年9月開張的W酒店6月26日邀請華埠社區人士參觀其徵才中心(The Talent Center)，並說明該酒店招聘計畫。W酒店總經理威廉·邦思(William Bunce)

表示，招聘中心內設有四台電腦供求職者使用，同時現場並有華語翻譯人員，協助華裔求職者申請。

應邀至招聘中心參觀的社區人士包括南灣社區議會與華埠治安會議共同會議主席陳灼鑒、社區僑領陳毓禮等人。

邦思訪談時表示W酒店於5月在Benjamin Franklin Institute 舉行就業展吸引近千人參加，而其中也包括許多華裔。目前該酒店收到了約800份得履歷表，而人力資源部門正處理中，將約談適合者。

邦思強調，雖然申請者在填寫履歷時可以請翻譯協助，但未來面試時，申請者則必

須親自以英文回答問題。邦思還表示W酒店希望未來在酒店內工作的人員至少具備基礎英語對話能力，若遇緊急情況，要能指導客人疏散，同時也要能與客人應對，及回答簡單問題。邦思帶領社區人士參觀招聘中心，該中心甫開放兩周，每天約有75名求職者前往報名。

W酒店徵才中心從現在起開放至8月底，開放時間為每周二至周六上午9時至下午5時。

地址為：660 Washington Street, Boston。

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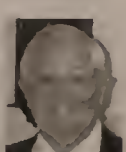
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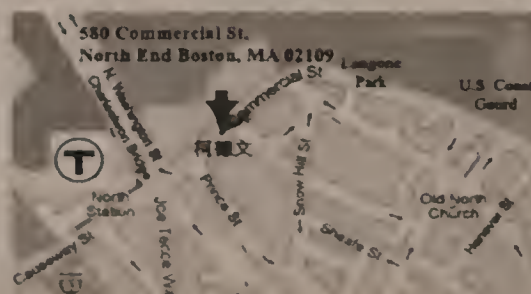


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華埠新聞

華埠公園的
公共藝術將更添中國色彩

華埠公園的公共藝術會議，梁慧文(左)作翻譯，梁志生(中)和華埠居民會共同主席余仕昂(右)。(Liang攝)

【本報謝婉君波士頓報導】華埠公園的「公共藝術計劃」第三次的社區會議六月十八日在信義大廈的社區會議室召開。在這最後的會議中，取得了公眾共識。公園未來的計劃構思將會具有中國特色，因此在尋找藝術家設計作品時，亦同時需要考慮藝術家對中國文化的認識。

這三次的會議也由華埠牌樓聯盟(Chinatown Gateway Coalition)的梁志生(Kye Liang)，梁慧文翻譯，教授杜榮佳(Wing-Kai To)、藝術家高藹洛(Joanne Kao)。第一次會議中，藝術家高藹洛跟公眾討論「公共藝術」是一定的標準—沒有準則的。在第二次會議中，教授杜榮佳深入的談論中國

傳統文化在追求藝術的「美」主張融和、純潔、協調是受了儒家、佛教、道家的思想深遠影響。三次的會議，梁志生表示是希望為公眾提供的計劃資料和給予公眾足夠的時間去研討表達對計劃的意見，即使意見不同，也能有助找到共識，定出什麼最能代表華埠的公共藝術品。十幾名社區居民出席會議，多位居民熱心發言，在分歧的意見中，公眾有一共識，認為具中國文化色彩的藝術作品，豐富華埠公園與周邊社區的相配，提供多種用途、給不同年齡的人都能使用公園、打造一個亞裔和中國特色的社區景觀、吸引遊客。

逆景振興華埠經濟
街道垃圾須清理

逆景振興華埠經濟，街道垃圾須清理。(謝婉君攝)

【本報謝婉君波士頓報導】華埠南灣社區議會(Chinatown /South Cove Neighborhood Council)每月例會在六月十五日在中華公所舉行。中華公所財政梁永基鼓勵南灣社區議會成員抽空出席，參與在六月十八日，第三次亦是最後一次的華埠公園露絲甘迺迪綠徑(Rose Kennedy Greenway's Chinatown Park)「公共藝術計劃」社區會議。鼓勵大眾積極提議、發言及支持有建設性的公共藝術建議。他在第二次的華埠公園會議上提出涼亭建設，使途人有休憩和歇息的地方；中華公所主席何遠光提議華埠公園應添置椅子，讓遊人及區內市民有一個相聚的地方。華埠公園藝術計劃應代表華埠區民的意願，要民意得到接納，積極表達，即使不同的意

見，亦有助找到共識，制定什麼最能代表華埠的公共藝術品。華埠公園露絲甘迺迪綠徑「公共藝術計劃」社區會議(星期四)六時半開始，在信義大廈的社區室召開，有即場翻譯服務。有關計劃的相關資訊，可上網查詢 <http://www.chinatowngateway.org>。

僑聲音樂劇社在6月20日舉行喬遷招待會，有社區及音樂界人士70人光臨祝賀，已是第三次搬家，音樂劇社創立於1939年，該社將位於中華公所(泰勒街90號)地下室B5號房內。

經濟低迷，各行業市道大不如前，華埠食肆及商店生意也受到一定程度上的影響。南灣社區議會上，會員探討華埠商戶在經濟逆景生存之道。華埠主街(Chinatown Main Street)主席余俊明(Tony Yee)有見及此，最近聯絡了第五電視台頻道節目「大事紀」(Chronicle)邀請到他們華埠作專訪。

「大事紀」節目應邀採訪了華埠五天，名主持人瑪莉李察遜(Mary Richardson)與攝製隊一同到訪。余俊明說：「數天中，他們到訪華埠的永新餐廳、南北行、平價市場「Interpark」停車場、Great Taste西餅店、華埠餐廳(Chinatown Cafe)及髮型屋等地方。」華埠特輯將會在七月播出，日子有待公布。「大事紀」(Chronicle)為

WCVB-TV電視台(第五號電台)長壽節目，有27年歷史，介紹麻省及紐英會好去處，深受歡迎。余俊明表示相信電視特輯會幫助推動華埠，希望藉此把唐人街帶「旺」一些。除了介紹具中國特色的商戶外，亦讓公眾知道華埠是一個治安良好及「整潔」的地方。在近期的每月治安例會，波士頓A-1警長歐羅克(Bernard O'Rourke)表示近年華埠罪案率大減，治安比數年前有非常顯著的進步。

治安良好，但「整潔」方面仍要華埠的人同心努力改善。中華公所主席何遠光表示保持華埠清潔是每一個人的責任，而每一個人也可做到的！清晨時份大約五、六時垃圾收集後，有些雀鳥如海鷗在垃圾的街上覓食。早上大約八時左右行，走在華埠街道上，廢物滿地，凌亂非常。唐人街某

(第五版續)

活動簡訊

• 昆市免費社會服務
昆市免費社會服務將於7月18日舉行。此服務於每月的第三個周六早上11點至中午12點提供(無需預約、先到先等)。歡迎民眾到臨查詢市府服務、社區活動和簡單市政法例等等，服務並包括閱讀信件。近期免費社會服務期：8/15、9/19和10/17。：查詢：617-376-1298。

• 華埠主街聯歡節
由華埠主街主辦的華埠主街聯歡節將於7月12日(週日)早上11點至下午5點舉行在華埠舉。節目包括舞台表演、各式攤位、美食。

• 中文教師暑期研習會
新英格蘭中文教師協會將於7月28-29日週二(6-9pm)、週三(9am-8pm)於波士頓僑教中心舉辦。研習會之主題如下：中文教學之技巧、數位及語音輔助教學、如何教短文寫作技巧。詳情可洽會長莊紀華：james_chuang@hotmail.com，(978) 318-0328。p://www.dajiyuan.com)

• 暑期英語班
波士頓華人佈道會將舉辦暑期英語基本拼音班。上課時間是7月11, 18, 25及8月1日，上午九時至中午十二時，共四個星期六，用廣東話講解。費用(包括教材及錄音帶)是十五元。有興趣就讀者請於上課第一天7月11日上午八時三十分到教會註冊。地址：夏利臣街249號，電話：617-426-5711。

• 舞蹈夏令營
舞蹈老師周娜主辦的「明珠舞蹈夏令營」，將於暑假分三期舉行，為7月6日至11日，8月3日至8日，及8月17日至22日，每天上午9時至下午6時上課，報名截止日期是本月22日。學費每期380元，包括飲料、午餐、及點心。該夏令營招收六歲以上喜愛舞蹈的學生。上課地點在亞洲文化中心(68 West Cummings Park, Woburn, MA)，查詢可洽(347) 749-5715，或nazhou@gmail.com。

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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

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華埠新聞

(接反面第一版 - 華美畢業典禮)

所及支持職業晉升機會，增強和僱用移民和推廣華美實現教育的使命。

在幫助移民踏出就業途徑的第一步，很多勞動力發展中心如第一站(One-Stop)就業中心不但在資金上，技能培訓計劃上亦不為如力，發揮了配合和推動重大的作用。

當日重要演講是由參議員陳翟蘇妮(Sonia Chang-Diaz)，代表弗克郡第二區，當中包括不少移民人士工作、生活的地區，如波士頓華埠、士百利(Roxbury)、徹斯特(Dorchester)等地。陳翟蘇妮說：「處身這個畢業禮，激發我們在公共服務的人更投入、更積極、努力地工作。」

參議員欽佩同學們以努力不懈，就算即使在前途迷惘時也以勇敢，積極的態度去面對重重障礙，努力的向前邁進。她讚揚地說：「同學們堅毅不屈的精神，採取面對的挑戰的態度，在困境中亦能自己增值，拓展未來。儘管遇到不滿意的工作，但仍不斷的嘗試，到最後也會取得成功。」

陳翟蘇妮家族的故事更是移民逆境中努力不懈成功的例子。她的曾祖父陳文廷從中國移民到哥斯達黎加，而她的父親陳福林(Franklin Chang-Diaz)初到美國時身上只有50美元。他在高中兩個學期成績也不合格。然而，通過毅力和懷著永不放棄的精神，他考上了美國麻省理工學院(MIT)和取得獎學金，並後來成為全美國第一位拉美裔太空人。

陳翟蘇妮鼓勵的說：「只要記着，成功就在面前。」敦促學生以堅持，永不放棄、邁向目標的精神，尤其在這個經濟衰退的時期，面對路途上的困難。以堅定及自強不息的態度面對生活。陳翟蘇妮更自豪地表示美國在不



畢業生陳詠虹於致詞中暢談移民以及在華美接受課程訓練計劃的經驗。(Michelle Kiang 攝)

同世界文化的精髓繪聚下，建立了成功。

當中一位移民，陳詠虹(Connie Chen)，談及在華美(AACA)接受課程訓練計劃的經驗。來美只不過是兩年前從中國台山來到波士頓的事，她透過華美成人基本教育班(ABE)，完成的第二語言課程(ESL)的第五級。感觸地回望，她感謝老師和工作人員悉心的教導，不僅在的溝通學習技能上，而且還鼓勵她渡過初時「萬事起頭難」的困境。

了解到員工職業培訓和成人基礎教育速進麻省增長及顯出了此州獨特重視教育之處。州長派翠克(Deval Patrick)在畢業典禮後更留步與畢業生逐一握手，表達對移民們努力的一分敬意和勉勵；而在場人均站立鼓掌。畢業典禮在溫馨感人、一片鼓勵、掌聲、歡樂感動的場面聲中結束。

華美福利會慶祝立會42周年



麻州房屋投資公司發展部主任陳家驊榮獲「特別社區服務獎」。(Jill Uchiyama攝)

【本報訊】華美福利會於6月27日在位於Saugus的金豐大酒樓歡慶42周年，現場吸引了500多位嘉賓。

當晚節目豐富，會前有梁炳潤的捏麵人，會中有華林派武術團的舞龍和武術表演，還有由麻省理工學院學生組成的Tamahine 'Ota'iri舞團跳草裙舞，以及新英格蘭韓國學校舞團的韓國鼓舞等。會中並有DJ帶動來賓在舞池跳舞。

晚會中有頒獎和表演，晚會主旨在分享今年的成果，同時為明年度募款。中西合璧的節目精采絕倫，多樣化的活動面面俱到，加上豐富的茶餚，使得賓主盡歡。

塔芙茨醫療中心總裁愛倫·贊恩(Ellen Zane)以晚宴榮譽聯合主席身分出席。她表示，華美福利會盡心為醫療中心職員輔導英語，今年有40名學生從華美福利會的課程結業。

的焦點便是「特別社區服務獎」的頒贈。國會議員卡普安諾(Michael Capuano)以及麻州房屋投資公司發展部

主任陳家驊榮獲「特別社區服務獎」。陳家驊在1970年加入該會時，華美福利會只是社交團體。他在1975年擔任會長後，華美福利會逐漸轉型為社會服務機構。

華美福利會提供在職訓練、英語課程、青少年中心、新移民服務中心，並出版中英雙語報紙「舢舨」。該會行政主任李秋明希望大家一起慶祝成功的故事。今年從該會進修班畢業的黃婉嫻致詞時指出，英語課程提升了她的工作能力，莫瑞(Aaron Murrell)則表示感激能參與該會汽車修護班的訓練。

晚宴以出售門票、無聲拍賣、推廣會員等方式募款。拍賣項目包括墨西哥七日遊、亞利桑納州沙漠之旅，和John Hancock私人包廂的Red Sox棒球票等數十種項目。

華美福利會致力於協助移民獨立，成功地在美就業，進而成為社會的領導者。華美福利會計劃在今年秋季開辦雙語托兒所和教育中心。

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